

Full Report (All Nutrients) 09139, Guavas, common, raw [a](#)

Report Date: June 30, 2017 11:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:22% Refuse Description: Skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g	1 fruit, without refuse 55g
Proximates						
Water 1	g	80.80	2	--	133.32	44.44
Energy	kcal	68	--	--	112	37
Energy	kJ	285	--	--	470	157
Protein 1	g	2.55	2	--	4.21	1.40
Total lipid (fat) 1	g	0.95	2	--	1.57	0.52
Ash 1	g	1.39	2	--	2.29	0.76
Carbohydrate, by difference	g	14.32	--	--	23.63	7.88
Fiber, total dietary	g	5.4	--	--	8.9	3.0
Sugars, total	g	8.92	--	--	14.72	4.91
Minerals						
Calcium, Ca 1	mg	18	2	--	30	10
Iron, Fe 1	mg	0.26	2	--	0.43	0.14
Magnesium, Mg 1	mg	22	2	--	36	12
Phosphorus, P 1	mg	40	2	--	66	22
Potassium, K 1	mg	417	2	--	688	229
Sodium, Na 1	mg	2	2	--	3	1
Zinc, Zn 1	mg	0.23	2	--	0.38	0.13
Copper, Cu 1	mg	0.230	2	--	0.380	0.127
Manganese, Mn 1	mg	0.150	2	--	0.247	0.083
Selenium, Se	µg	0.6	--	--	1.0	0.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g	1 fruit, without refuse 55g
Vitamins						
Vitamin C, total ascorbic acid 1	mg	228.3	2	--	376.7	125.6
Thiamin 1	mg	0.067	2	--	0.111	0.037
Riboflavin 1	mg	0.040	2	--	0.066	0.022
Niacin 1	mg	1.084	2	--	1.789	0.596
Pantothenic acid 1	mg	0.451	2	--	0.744	0.248
Vitamin B-6 1	mg	0.110	2	--	0.181	0.060
Folate, total 1	µg	49	2	--	81	27
Folic acid	µg	0	--	--	0	0
Folate, food	µg	49	2	--	81	27
Folate, DFE	µg	49	--	--	81	27
Choline, total	mg	7.6	--	--	12.5	4.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	31	--	--	51	17
Retinol	µg	0	--	--	0	0
Carotene, beta 2 3 4	µg	374	21	205.562	617	206
Carotene, alpha 2	µg	0	2	--	0	0
Cryptoxanthin, beta 2	µg	0	2	--	0	0
Vitamin A, IU	IU	624	--	--	1030	343
Lycopene 3 4	µg	5204	19	106.750	8587	2862
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.73	--	--	1.20	0.40
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	2.6	--	--	4.3	1.4
Lipids						
Fatty acids, total saturated	g	0.272	--	--	0.449	0.150
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g	1 fruit, without refuse 55g
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.019	--	--	0.031	0.010
16:0	g	0.228	--	--	0.376	0.125
18:0	g	0.025	--	--	0.041	0.014
Fatty acids, total monounsaturated	g	0.087	--	--	0.144	0.048
16:1 undifferentiated	g	0.005	--	--	0.008	0.003
18:1 undifferentiated	g	0.082	--	--	0.135	0.045
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.401	--	--	0.662	0.221
18:2 undifferentiated	g	0.288	--	--	0.475	0.158
18:3 undifferentiated	g	0.112	--	--	0.185	0.062
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.022	--	--	0.036	0.012
Threonine	g	0.096	--	--	0.158	0.053
Isoleucine	g	0.093	--	--	0.153	0.051
Leucine	g	0.171	--	--	0.282	0.094
Lysine	g	0.072	--	--	0.119	0.040
Methionine	g	0.016	--	--	0.026	0.009
Phenylalanine	g	0.006	--	--	0.010	0.003
Tyrosine	g	0.031	--	--	0.051	0.017
Valine	g	0.087	--	--	0.144	0.048
Arginine	g	0.065	--	--	0.107	0.036
Histidine	g	0.022	--	--	0.036	0.012
Alanine	g	0.128	--	--	0.211	0.070
Aspartic acid	g	0.162	--	--	0.267	0.089

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 165g	1 fruit, without refuse 55g
Glutamic acid	g	0.333	--	--	0.549	0.183
Glycine	g	0.128	--	--	0.211	0.070
Proline	g	0.078	--	--	0.129	0.043
Serine	g	0.075	--	--	0.124	0.041
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD

²A Homnava, W Rogers, R R Eitenmiller Provitamin A activity of specialty fruit marketed in the United States., 1990 J. Food Composition and Analysis 3 pp.119-133

³V.C. Wilberg, D.B. Rodriguez-Amaya HPLC quantitation of major carotenoids of fresh and processed guava, mango and papaya, 1995 Lebensmittel-Wissenschaft und-Technologie 28 5 pp.474-480

⁴M. Padula, D.B. Rodriguez-Amaya Characteristics of the carotenoids and assessment of the vitamin A value of Brazilian guavas, 1986 Food Chemistry 20 pp.11-19

Footnotes

^a Pink fleshed